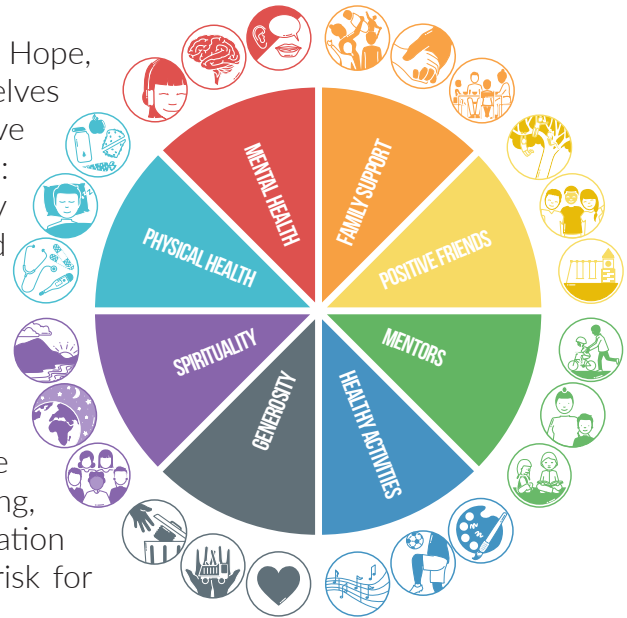


STRENGTH-BASED

At Sources of Strength, we wholeheartedly believe in the Hope, Help, and Strength each individual can cultivate in themselves and others. Everyone is invited to explore eight protective factors represented in the Sources of Strength Wheel: Family Support, Positive Friends, Mentors, Healthy Activities, Generosity, Spirituality, Physical Health, and Mental Health.



EVIDENCE-INFORMED

The curriculum is heavily informed by the evidence base of our Secondary Program which has shown positive outcomes of increasing healthy coping, help-seeking, increased connection and trust toward adults. The utilization of these protective factors is associated with reduced risk for suicide, substance misuse, and violence.

COACHES TRAINING

We believe that to have maximum impact with students, we need adults who are engaging with and modeling strengths and wellness in their own lives. We are just as focused on supporting and empowering adults as we are students.

UNIVERSAL CURRICULUM

The lessons are Tier 1, universal, classroom-based and can be delivered by classroom teachers, SEL specialists, counselors, or paraprofessionals. Lessons are designed to be 20-30 minutes in length depending on the grade level. Each lesson aligns with CASEL's core competencies: social-awareness, self-awareness, self-management, relationship skills and responsible decision-making. The lessons are designed to give students and adults opportunities and tools to develop Strengths and healthy coping strategies leading to resilience in the face of life's ups and downs.

COACHING

+



CURRICULUM




=

**POSITIVE
SOCIAL NORMING
& CULTURE CHANGE**



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